

Which Herbs with Which Foods?

This is a suggested (and partial) list of which herbs to use with which foods:



Basil: Italian dishes, pasta, pesto, tomatoes

Bay Leaf: beef, lamb, soups, stews, sauces

Chives: dips and spreads, potatoes, sauces, tomatoes, eggs, breads and crackers

Cilantro: Mexican dishes, salsas, tomatoes, Asian foods

Dill: fish, breads, vegetables, eggs, tomatoes

Marjoram: tomatoes, squash, green beans, carrots, chicken, beef, lamb

Mint: red potatoes, fruit recipes, peas, teas, lamb, syrups, chocolate, cookies

Oregano: Greek foods, Italian dishes, Mexican recipes, sauces, salad dressings

Parsley: dips, eggs, virtually everything

Rosemary: chicken, eggs, fish, salad dressings, potatoes, tomatoes

Sage: stuffing, chicken, turkey, soups, sauces

Tarragon: chicken, eggs, fish, salad dressings, potatoes, tomatoes

Thyme: potato salads, squash, tomatoes, Italian recipes, soups, beef, pork